Calgary metro

MONDAY, SEPTEMBER 12, 2016

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2017

SPORTAGE

"Highest Ranked Small SUV in Initial Quality in the U.S."

For the 2016 Sportage

KIA

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A recent J.D. Power study in Initial Quality awarded the 2016 Kia Soul top honours for the second year in a row among all compact multi-purpose vehicles, while the 2016 Kia Sportage also took top spot among all small SUVs. More than ever, Kia is committed to building high-quality vehicles and maintaining an unsurpassed level of excellence in order to offer you the power to surprise. Visit **kia.ca/topquality** to learn more about our award-winning lineup.

The 2016 Kia Soul and Sportage received the lowest number of problems per 100 vehicles among compact MPVs and small SUVs, respectively, in the J.D. Power 2016 U.S. Initial Quality Study. 2016 study based on 80,157 total responses, evaluating 245 models, and measures the opinions of new 2016 vehicle owners after 90 days of ownership, surveyed in February-May 2016. Your experiences may vary. Visit jdpower.com. Kia is a trademark of Kia Motors Corporation.

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Calgary metro

Your essential daily news | MONDAY, SEPTEMBER 12, 2016 | High 12°C/Low -1°C Partly Cloudy

AMERICAN HONEY
Not just Elvis Presley's granddaughter — she can act
metroLIFE

Melanie Risdon-Betcher stands in front of over 50 car seats donated as part of a community clean-up in southeast Calgary.
JOSIE LUKEY/FOR METRO

ECO BOOST

Local mom wants to recycle your car seats metroNEWS

HPV vaccine rates beat out Edmonton's

metro EXCLUSIVE

Calgary sees modest rise in vaccinations

Jeremy Simes
For Metro | Calgary

Compared to the city's northern rivals, more schoolkids in the Calgary Zone are rolling up their sleeves to get poked with the HPV vaccine, and an Alberta Health Services official isn't exactly sure why.

On Sunday, AHS provided data to Metro that shows 76.4 per cent of Grade 5 boys and 76.8 per cent of Grade 9 boys in the Calgary Zone received three doses, the recommended number, of the HPV vaccine during the 2015-16 school year.

The Edmonton Zone, however, saw 58.4 per cent (Grade 5) and 61.9 per cent (Grade 9) receiving three doses. That's 18 and 15 percentage points less than Calgary.

Dr. Richard Musto, an AHS medical officer, gave no rationale behind Edmonton's lower numbers. "I assume they're all doing their best to take the opportunity to present," he said. "I don't know why there is that variation."

The same Calgary-Edmonton comparison can be seen in girls. In the Calgary Zone, 77 per cent of Grade 5 girls and 84.4 per cent of Grade 9 girls received three doses of the vaccine. The Edmonton Zone saw 61.4 per cent (Grade 5) and 70 per cent (Grade 9) get three doses.

Vaccine rates have either risen or remained stable in Calgary Zone schools, when comparing the 2015-16 rates with 2014-15 ones. Musto said he's pleased to see the higher showings, particularly in Calgary. "It's an important vaccine for the prevention of a number of cancers," Musto said. "Our public health team, the nurses that deliver it in the schools, are well organized and continue to look at ways to optimize delivery, and this is a tribute to them."

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metro NEWS

Your essential daily news

Hillary Clinton's illness captures attention at 9-11 anniversary ceremony. **World**

5 THINGS TO WATCH FOR AT CITY COUNCIL

Brodie Thomas
Metro | Calgary

It's been a long, lonely month for city council nerds as councillors took their annual summer break. Now that they're back, they've got a huge agenda that will almost definitely take them through Monday and Tuesday, and possibly into Wednesday. Buckle up. Here's five things to watch for.

1 Sandstone quarries

We may be known as a car-centric modern city with a great skyline, but Calgary used to be known as Sandstone City. As the city works to hold on to the remaining sandstone buildings — think old city hall or the Fairmont Palliser Hotel — Coun. Gian-Carlo Carra is hoping private businesses might want to reopen one or more of Calgary's own sandstone quarries, rather than bringing materials in from the U.S. and overseas. We will see if council can get behind this idea.

WIKIMEDIA COMMONS

2 Green carts

Green carts are coming this spring, and a $6.50 monthly fee will be attached. However Coun. Joe Magliocca and Mayor Naheed Nenshi are putting forth a motion to give citizens a break on these fees until the end of the year. Magliocca said he wants to ease the tax burden on citizens, and he thinks once they've had a taste of composting bins, they won't want to do without them.

METRO FILE

METRO FILE

3 Secondary suites

If you want to know why this meeting could stretch over three days, look to the list of land use items — 66 in total, and 37 are for secondary suites. It underlines why some councillors want the secondary suite process streamlined.

METRO FILE

5 Rosedale affordable housing

Remember when folks in Rosedale were up in arms over the city's plans to build 16 affordable housing units in their community? Well, the paperwork has made its way through committee and is now before council. Administration wants council to approve the $3.96 million price tag on the project. Coun. Druh Farrell represents the ward and is all for the project, despite the complaints from some residents.

4 Fluoride

Three councillors are once again hoping to revive the debate on fluoridating the city's drinking water. Pootmans, Colley-Urquhart and Demong want the University of Calgary's O'Brien Institute for Public Health to draft an unbiased report on the issue.

THE CANADIAN PRESS FILE

Showers, fans flood One Love

MUSIC

Hip-hop festival draws 7,500 despite rain on day one

Aaron Chatha
Metro | Calgary

In between bouts of sunshine and downpour, rapper Jazz Cartier lamented to the audience the fact that the One Love festival was set up next to Elliston Park's lake, adding to the chill.

"It's so cold, I can't take my sweater off," he laughed to a crowd of rainboots, plastic parkas — and hands, high up in the air.

The weather couldn't chill the energy of the crowd at the annual hip-hop music festival.

James Morrison and Jelaina Esalcedo staked out a spot directly under the stage, not a single person ahead of them, just to see Tyler the Creator and ASAP Ferg hit the stage in the evening.

"I'd risk pneumonia to see these guys perform live," yelled Morrison, over the booming music.

"I was here last year and it was raining and snowing last, but still worth it, every year," added Esalcedo.

People were prepared for the chill this year. With temperatures dropping down to three degrees, rain would come and go in quick spurts, turning the ground into mud, while the sun occasionally poked its head from behind a cloud for a brief respite.

But festival-goers didn't seem to mind, digging down in blankets in some cases, ready to rush the stage for their favourite artists.

The two day festival played big name acts including Big Sean, Jhene Aiko, Ty Dollar Sign, Earl Sweatshirt and Logic — attracting about 7,500 on the first day, and similar numbers were expected to flood the park on the second day.

1 Toronto-born Jazz Cartier surfs the crowd.

2 Fans James Morrison and Jelaina Esalcedo held onto their spot through the entire day to catch their favourite artists — who were slated to perform late in the evening.

3 Earl Sweatshirt performs for the Calgary crowd.

4 Attendees wore rain jackets, parkas – whatever they could to keep warm during the inconsistent weather.

AARON CHATHA/ METRO

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COMPASSION

After losing her hair, woman bares heart, soul for others

Jennifer Friesen
For Metro

It started small.

While brushing her daughter's hair for school, Vanessa McWilliams' mom noticed a quarter-sized bald spot on the back of her head.

They thought nothing of it at first, but within a matter of months — just in time for McWilliams' 10th birthday — she lost most of her hair to alopecia.

"It was quick and it was hard," McWilliams recalls. "I had hair halfway down my back, thick and brunette, and then it was gone. School was hell for me. I was constantly teased. Kids would try to rip my wig off or rip my hat off, calling me 'baldy.' Thinking back on that now shows me what I want to change in the world."

Alopecia is an autoimmune skin disease resulting in hair loss that affects approximately 147 million worldwide, according to the National Alopecia Areata Foundation. In an effort to help other women in Alberta with the disease, McWilliams launched her own wig company, Confident Curls, five years ago.

Instead of having to search through the back rooms of salons, she wanted to create a safe space for bald women to find the perfect wig and talk about their struggles with someone who understood.

Since then, McWilliams passed the wig company on to another woman with alopecia so she can focus on public speaking.

She made the choice to stop wearing a wig, and now takes the stage in classrooms and youth groups to tell her story.

After a lifetime of hiding the hair loss caused by alopecia, Vanessa McWilliams is using her story and her bare head to inspire confidence in others. JENNIFER FRIESEN / FOR METRO

Last summer, McWilliams' son, Kayden, was also diagnosed with alopecia. He was eight when it began, and McWilliams decided she didn't want to focus her life on covering up anymore, but to show him that "bald is beautiful."

"I know what it's like to feel really ugly, and it's not a good feeling," she said. "If I have to take the brunt of people staring at me, I will do that in the hopes that someone will see me and say, 'If she can do it, I can do it.'"

Just 10 years ago, McWilliams wouldn't dare go bald — she even gave birth to both of her sons while wearing a wig. But now her wig sits forgotten on top of her dresser.

"I had so much shame attached to it," she said. "But why? I got to the point where I had to listen to the voice in the back of my head telling me I was good enough without my wig. And having that part of me exposed can impact others with insecurities."

Last September, the mother of a young girl named Anna asked McWilliams to come speak to her daughter's first grade class. Anna had started to lose her hair to alopecia, and her classmates began asking questions. So, when McWilliams came to speak, the pair sat at the front of the class and revealed their bald heads to the class.

"Being able to look over at her in the class and see her smiling and looking confident showed me I was doing the right thing," said McWilliams.

"Because she was who I was as a kid, but I didn't have anyone to look up to and tell me it would be OK. For her to take her hat off in front of people at that age — I just lost it. She understood that it was OK to be different, and the rest of the class did, too."

LET US KNOW

Do you know a Calgary Hero? Tell us by emailing calletters@metronews.ca

ADDICTIONS

Brave stories of recovery

Mathew Silver
For Metro | Calgary

Everyone has a different story.

For those gathered at Recovery Day Calgary, an event committed to raising awareness for recovery from addiction, all those stories need to be shared.

A panel of eight speakers took the stage and recounted their struggles (and eventual success) with addiction, while attendees visited nearly 40 recover organizations with booths stationed at Olympic Plaza.

Some stories were long.

Stacey Peterson has been sober for 28 years, and is now the executive director of Fresh Start Recovery Centre. He said shame and negative connotations surrounding recovery are the biggest challenge, but awareness is on the rise.

"I think we are reaching critical mass of awareness around recovery advocacy," he said, "It's an incredible affirmation that recovery works."

Other stories were short.

It was just six months ago that Colton D. realized he needed a fresh start.

He was lacking motivation, blowing off work, and struggling with marijuana and cocaine addiction before he sought help.

"My life became unmanageable," he said.

His life has improved drastically since, and he owes his success to a strong recovery community.

According to Lisa Simone, co-founder of Recovery Day Calgary, that support system is nationwide, with 31 cities across Canada celebrating recovery across Canada during the month of September; tremendous growth since the first Recovery Day in Vancouver drew 1,500 people in 2012.

Claudia Jungert (left), Tammy Holden, and Shelley Van Reekum of Alberta Adolescent Recovery Centre (AARC), which helps those aged 12 to 21 struggling with addiction. MATHEW SILVER/ FOR METRO

HOW TO MAKE A DIFFERENCE

GIVE HOPE Join the cause at http://www.recoverydaycanada.com/

Calgary Shaw NDP MLA Graham Sucha says the aim of the amendment is to close any loopholes to get big money out of politics. COURTESY GOVERNMENT OF ALBERTA

New powers cost: $400K

ELECTIONS ALBERTA

Opposition members reject NDP amendment

Jeremy Simes
For Metro | Calgary

If passed, an Alberta government plan would see taxpayers front at least $400,000 extra per year for Elections Alberta to monitor nomination spending and donations for all political party candidates.

On Friday, opposition members in the special ethics and accountability committee rejected the amendment from an NDP committee member, which was carried by government members, that would result in the extra $400,000 for Elections Alberta.

The amendment is part of the NDP's pledge to rejig election finance rules. In August, the committee had passed recommendations to limit leadership campaign spending, and see a taxypayer-funded rebate of 50 per cent for political parties and candidates that receive 10 per cent of votes.

The amendment would require expense and contribution filings for acclaimed and non-acclaimed candidates for every political party in the province.

In a news release, the Official Opposition Wildrose said NDP committee members failed to provide an example of abuse in nomination spending and donations.

Jason Nixon, Wildrose democracy and accountability critic, said the amendment, which bolsters funds for Elections Alberta, gives the government political advantages.

"The fact that this will waste hundreds of thousands of taxpayers' dollars doesn't seem to bother them at all," Nixon said.

But NDP MLA Graham Sucha, who sits on the special ethics committee, defended the amendment and the $400,000 per-year price-tag that comes with it. He said politicians of all stripes should be transparent to the public.

He said Alberta was one of the last jurisdictions to allow corporate and union and donations, which were banned in June 2015 after the government passed legislation.

The all-member committee is to submit a report by October, when the legislature resumes.

IN BRIEF

Possible assault at Calgary Remand Centre probed

Calgary police are investigating after they say a man endured serious, potentially life-threatening injuries at the Calgary Remand Centre on Friday morning that appeared to have come from an assault. EMS spokesman Stuart Brideaux said the man required breathing support when medical first responders drove him to the Foothills Medical Centre.

JEREMY SIMES/FOR METRO

CITY HALL

Council to debate reviving two quarries

Mathew Silver
For Metro | Calgary

It dates back to the Calgary Fire of 1886.

That's the year when city officials drafted a bylaw that all buildings had to be made out of non-flammable materials, and locally sourced Paskapoo sandstone became the choice for building historic City Hall.

So when Gian-Carlo Carra, councillor for Ward 9, saw the City of Calgary was purchasing foreign sandstone to refurbish City Hall, he signed a motion to revive a couple of historic sandstone properties inside the city boundaries; one at Edworthy Park, and the other at the J.A. Lewis Quarry site in Nose Hill.

"This is sandstone city," he said.

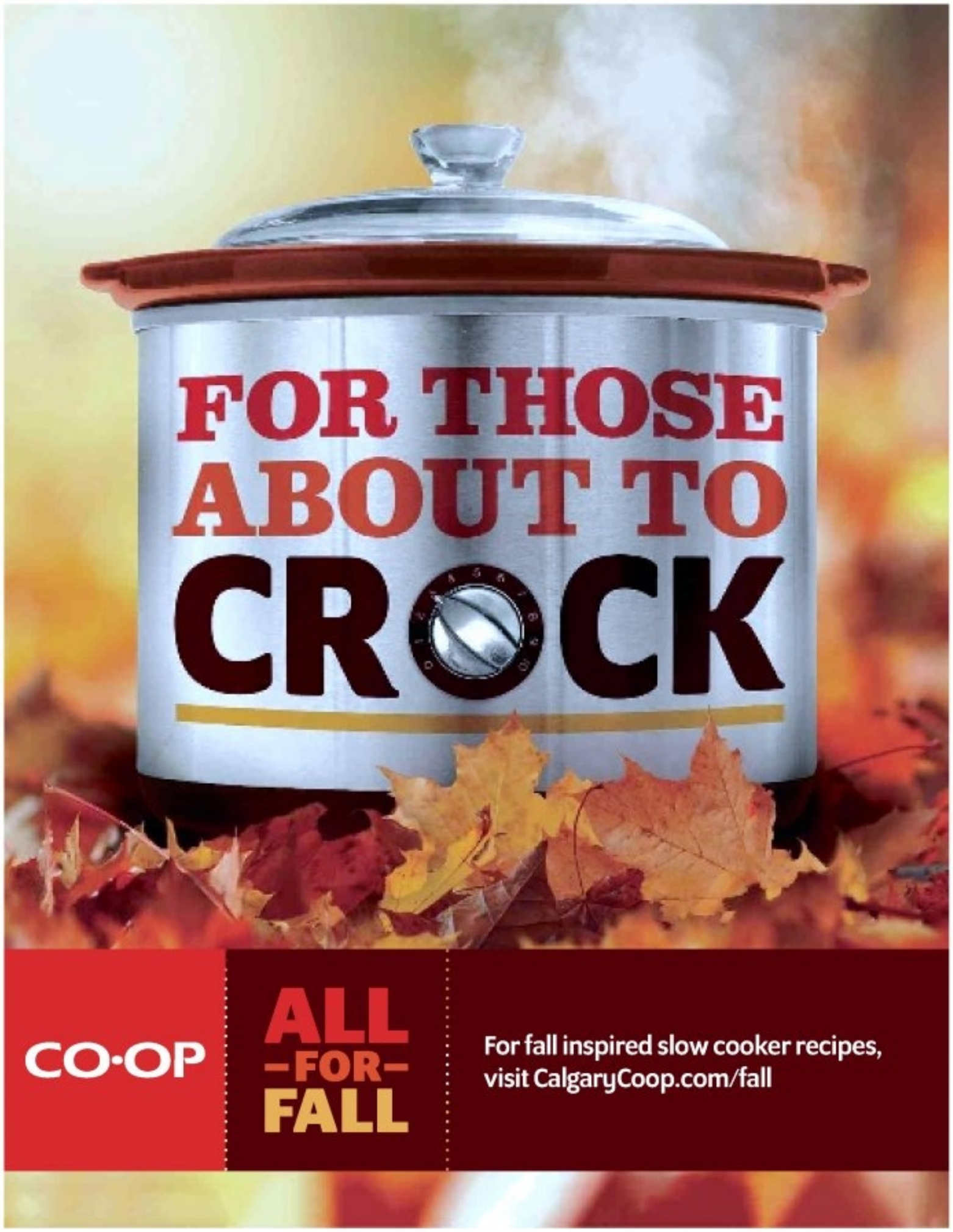
While also providing historical value, Carra said that putting forward the motion was a matter of removing barriers and potentially diversifying our economy. He hopes that if the motion is passed, investors will jump at the business opportunity.

While the sites won't necessarily be ready within a four-year timeline to provide sandstone for the City Hall project, Carra hopes the ability will be there to buy locally in the future; something that is especially important as the city looks for more ways to encourage local industry.

According to Josh Traptow, executive director of the Calgary Heritage Authority, using materials from the same site would have historical value.

"Obviously it would be great to use local materials. The source of the building materials, if it was the same — I think there is great value in that," he said.

The motion will be debated at the next regular council meeting, which starts Monday.



Preparing for roads ruled by electric cars

TRANSPORTATION

City expecting large increase of such vehicles in early 2020s

Brodie Thomas
Metro | Calgary

Mike Subasic likes electric vehicles so much, he owns three of them.

The Calgarian started out with a Nissan Leaf before acquiring a Tesla Model S sedan and later the Model X SUV.

He's able to go several days without even plugging in his Teslas when he's doing short hops around the city. But he sees the need for more charging stations.

"For other electric vehicles that don't have the range a Tesla does, it would be really nice for them to have charging stations in parking lots," said Subasic.

He also thinks the city could do more to encourage condo boards to allow residents to install charging stations in their assigned parking spaces.

Electric cars are very much on the city's radar, according to Eric MacNaughton, transportation co-ordinator for the city's Climate Change Project.

"We'll be developing an electric-vehicle strategy for the city — and that's looking at a lot of other cities that are doing this type of work," he said.

He said the city is expecting a large increase in electric vehicles in the early 2020s.

"At that point, the vehicles are being projected to be cheaper to buy than the equivalent gasoline-powered vehicle," said MacNaughton, who added they are already recognized as being cheaper to power and maintain.

He said the city stands to gain in many ways from more electric vehicles on the road, primarily because of improved air quality and less noise pollution.

Aside from the obvious step of making more charging stations available, MacNaughton said the city is looking at ways to encourage new developments to include charging infrastructure.

> **It would be really nice to have charging stations in parking lots.**
> Mike Subasic

As for Subasic's concern about condo boards standing in the way of chargers, MacNaughton said they're examining how other cities are dealing with that.

"Some cities have looked at saying, if the resident is willing to provide the cost of installation, the condo board would have to accommodate that."

+ PARKADES

The Calgary Parking Authority is also taking some small steps toward a possible electric future.

There's currently a public charging station in the authority's city hall parkade, but more are coming, according to general manager Mike Derbyshire.

"By the first week of October, our team will be installing an electric charging station in our five other parkades," he said.

Each one costs $4,000. They will be available on a first-come-first-served basis and the power will be free, after the driver has paid to park.

Mike Subasic is an early adopter of technology the city expects many more people to use in the next decade. BRODIE THOMAS/METRO

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Louise Casemore crafted the story like a framework, while the objects illicit unique memories and responses. COURTESY ERIC ROSE

A tale that is literally touching

THEATRE

Production told entirely through single sense in salon

Aaron Chatha
Metro | Calgary

This week, Ghost River Theatre is getting more intimate with audiences than ever before, telling its latest story through a feeling on the fingertips and a brush through the hair.

The show Touch partners with Aveda Salon and Beakerhead for an experience that starts with a blindfolded audience in salon chairs.

From there, artistic associate Louise Casemore guides the audience through a story meant to evoke memory and emotion by using a number of natural fibres, objects and unexpected sensations.

"The goal is to really bring attention to the sense of touch, the tactile experience," Casemore said. "Taking people on a journey that's partially driven by memory and their own experiences — what does this sensation conjure for you? With a little bit of guiding from our own storytelling as well."

The play will jump around within its own world, from stifling heat to chilling cold — and Casemore said they'll make great use of the products made available through Aveda.

The includes a hair-washing experience (or just a dry shampoo if you don't want to get wet).

"There really is nothing like a hair wash with a scalp massage and all that yummy stuff," Casemore laughed. "That's definitely one of our favourite things to rehearse."

Casemore, who also wrote the production, said she didn't want to take away from the experience by having an audience member keep track of different characters and voices. The play is more like a framework to guide the journey.

The blindfolds remain on the entire time, similar to Ghost River's previous work Tomorrow's Child, which was an entirely auditory experience. Ghost River has been putting on a series of productions centred around the senses.

DETAILS

- As the play is presented in a salon, seating is limited to only 10 people per show.
- Performances run from Sept. 14 to 18.
- For more information, visit ghostrivertheatre.com.

RECYCLING

Cleaning up Calgary one car seat at a time

Josie Lukey
For Metro | Calgary

Melanie Risdon-Betcher's blue pickup truck is already overflowing with car seats as someone brings over the skeleton of another one.

"I had to squeeze everything into the back, and I have it netted — and then I have bunch in my cab actually. I'm pretty full to the rafters," said Risdon-Betcher.

She started Kidseat Recyclers in 2010 as part of an effort to keep outgrown and expired seats from ending up in landfills.

5K
Number of seats recycled so far

"To date we've recycled over 5,030 car seats, and that's diverted over 45,000 pounds of plastic and metal from the landfill," said Risdon-Betcher, who adds she got the idea when she felt uncomfortable throwing her kids' car seats in the garbage.

Another mother donating a seat agrees.

"I think it's very important. I try to be as green as possible," said Rachelle Norris, a mother of three. "I compost a lot of the food we eat, and this is just another step."

Once Risdon-Betcher receives a car seat, she strips the metal away and reduces it to a plastic shell. The metal and plastic then goes to local recyclers who break them down. Depending on the type of plastic, it is used to create materials such as decking, fencing, rope and plastic bags.

DETAILS

Get more info about the program's next event at kidseatrecyclers.ca.

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A walk to remember a friend

FUNDRAISER

Group raises over $8K after death of loved one

Josie Lukey
For Metro | Calgary

Susan Simm, right, and Debbie McAllister at the finish line of the walk, holding up a picture of Siu-Ling Han who passed away last month from ovarian cancer. JOSIE LUKEY/FOR METRO

It was 13 years ago Siu-Ling Han first found out she had ovarian cancer, and it was almost a decade in remission when it returned — stronger.

According to Susan Simm — a close friend of Han — hearing the news Han would pass was difficult.

"She called me, and she was very clear on how she wanted things to go. She wanted to be at home with her family surrounding her," said Simm.

When Han passed away on Aug. 29, another close friend, Debbie McAllister, got an idea to participate in the Ovarian Cancer Canada Walk of Hope.

"I've never participated in this walk before, and it's only since (last) Monday Debbie said, 'You know there's the Ovarian Cancer Walk next weekend — we can set up a team and let's just do this,'" said Simm.

Together, the team of 21 raised $8,300 which will be "used to provide support, increase awareness, and fund vital research," for ovarian cancer. Over 35 cities nationwide hosted walks with an overall goal of raising $2 million for the organization.

"We're so close," said Kathryn Vincent of Ovarian Cancer Canada. "It's really events like (this) that are important to help raise awareness."

> **"It's really events like (this) that are important to help raise awareness."**
> Kathryn Vincent

Ovarian Cancer affects about one in 71 Canadian women and occurs when a tumour begins to grow in the ovaries.

Ovarian tumours can then grow and spread to other parts of the body and become serious.

In Canada, five women die every day from ovarian cancer and currently there is no reliable screening test.

But for Simm and the rest of her team arriving at the finish line, the walk was very emotional. The group said they were looking for closure.

"We're talking about a pretty extraordinary person here," said Simm taking out her phone to show a picture of her late friend. "She said, 'I know I'm dying, but this has been a really great summer.' I mean that was Siu-Ling."

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Promote a love of reading, group says

EDUCATION

Books getting less and less popular among students

Teacher-librarian Wayne Parker from North Park Secondary in Brampton, Ont. and his students.
TORSTAR NEWS SERVICE

Declining math scores may be on educators' minds right now, but reading is still considered key to student achievement in all subjects.

Now, a cross-Canada coalition is trying to promote a love of books, worried about the growing number of students who say they don't like to read for pleasure.

"There's been a recent trend toward STEM programs (science/technology/engineering/math), and from our perspective … if you can't read well, you are not doing well in math or science," said Mohamed Huque, associate director of the National Reading Campaign, a not-for-profit that is urging governments and school boards to make the issue a priority.

"The positive effect of reading transcends marks for English or language arts; it really does translate beyond academic achievement. There are tons of studies showing the positive effects of reading on mental health (and) building empathy," among other benefits, he added.

At a symposium earlier this year, the campaign crafted a statement saying it's time for "ministries of education, school boards and principals (to) … adopt policies that make reading for pleasure possible, and that they should be accountable for reporting on the provision of such programs."

In Ontario alone, the percentage of Grade 3 students who say they like to read "most of the time" sat at less than half — 47 per cent in 2013-14, down from 49 per cent the year prior.

Among Grade 6 students, that figure dropped to 47 per cent in 2013-14 from 48 per cent in 2012-13, according to the most up-to-date statistics from the province's Education Quality and Accountability Office, which has also found that kids who read for pleasure perform better on standardized tests over time.

The campaign is also urging faculties of education to "equip future teachers with the ability to be effective reading promoters, which includes familiarity with children's — and especially Canadian children's — literature," and calls on boards to ensure schools have fully functioning libraries staffed by teachers who have additional training as librarians.

Wayne Parker, a long-time teacher-librarian at North Park Secondary School in Brampton, Ont., said circulation is down at the library, and "few people would disagree the likely cause for that is they have all these smartphones — they have this thing they are paying all their attention to and spending time with, and when it comes time … they go online" to read.

He said he wonders whether this is conditioning kids, from a young age, "to read a screen page but not so often two or three hundred pages" and said he does his best to bring in materials that will appeal to teens.

"My position is that if we don't show them, they won't know," he said

TORSTAR NEWS SERVICE

Transgender women flee from Finland

Evelyn Harford
For Metro | Ottawa

From left, Amanda Jetté Knox, Emmi Jarvela, Helmi, Juliet Kivimaki, Zoe Knox at a "Welcome to Canada BBQ." CONTRIBUTED

For Juliet Kivimaki, her wife Emmi Jarvela and their one-year-old daughter Helmi, there was no other option but to flee Finland so that Kivimaki could have a shot at living as her true self — a trans woman.

In order for Kivimaki to receive legal gender recognition in Finland, she has to agree to be sterilized.

In desperation, the family of three left Finland behind and found refugee with an Ottawa family who knows a lot about what it means to be trans, and in transition.

Amanda Jetté Knox and her wife, Zoe Knox, just came out as trans last year. The year before that, the couple's 13-year-old daughter, Alexis, came out as trans too.

"It's almost like a cycle," said Jetté Knox. "Every year in our house there's (a) new person … who's transitioning. Our family is two-thirds trans now."

Because of the common ground, it's been easy for the two families to become one.

"When you're living with another family that has another trans person in it there's no explanation required," said Jetté Knox. "We understand the good days, the bad days and the struggles and the celebrations.

"It's a very nice thing."

Before coming to Canada, Jetté Knox wasn't a stranger to Kivimaki. Kivimaki had read a blog post written by Jetté Knox about her own wife's coming out story titled, World, Meet My Wife, which unbeknownst to her, was printed in a Finnish newspaper.

After reading the article, Kivimaki got in touch with Jetté Knox about her story.

Minister of National Defence Harjit Sajjan says he is concerned that despite having "robust" mandates and rules of engagement to act, peacekeepers from some countries have failed to intervene in cases where civilians have been attacked.
THE CANADIAN PRESS FILE

Protect civilians: Minister

FOREIGN POLICY

Troops on peacekeeping missions must put citizens first

Defence Minister Harjit Sajjan says protecting civilians — by force if needed — will be central to any Canadian peacekeeping mission in Africa, and that Canada will expect troops from partner countries to operate on the same principle.

Sajjan said in an interview he is concerned that despite having "robust" mandates and rules of engagement to act, peacekeepers from some countries have failed to intervene in cases where civilians have been attacked.

"When Canada goes in, yes, we will be fulfilling that mandate of protection of civilians and proactively acting in that manner. And we expect other nations to do the same thing," he said.

The comments follow several incidents in South Sudan, including one in July in which peacekeepers failed to respond for hours as local soldiers attacked and raped foreign aid workers at a nearby hotel.

Complaints about peacekeepers standing aside while civilians are attacked are not new. The UN's failure to stop mass atrocities in Bosnia and Rwanda in the 1990s largely prompted western countries such as Canada to move away from peacekeeping.

But the UN learned from those mistakes, he said. The protection of civilians is front and centre in both mission mandates and the rules of engagement allowing peacekeepers to use force. The problem now is with individual member states.

There have been some suggestions that Canadian troops should answer to Ottawa first and foremost rather than the UN.

> **When Canada goes in, yes, we will be fulfilling that mandate of protection of civilians.**
> Harjit Sajjan

Speaking against the Liberals' peacekeeping plan on Thursday, Conservative defence critic James Bezan asked a series of questions, including: "Will UN bureaucracy interfere with our chain of command?"

But Sajjan pushed back against the idea. Rather, he said, the government has been talking with other countries about making sure the UN force commanders on the ground have the flexibility to be able to make quick decisions and protect civilians.

"I want to limit caveats, because by putting more caveats and decision-making processes, that doesn't allow for the troops on the ground to be able to respond," he said. THE CANADIAN PRESS

COURT

Public hearings for judge complaints rare

Public hearings that consider whether a judge should be removed from the bench, such as the current one involving Federal Court Justice Robin Camp, are rare.

The Canadian Judicial Council receives more than 150 complaints each year and the vast majority of those complaints are either dismissed or dealt with behind closed doors.

The question of how to hold judges accountable and maintain faith in the justice system, while also respecting judicial independence, is an ongoing quandary.

> We have to really balance a complex set of interests.
> Karen Busby

"We have to really balance a complex set of interests," says Karen Busby, a law professor at the University of Manitoba.

"Right now, we know little about what happens with the cases where ... it's not in the public interest to have a full public inquiry, but there needs to be some kind of accountability."

The inquiry into Camp, who asked a sexual assault complainant why she couldn't keep her knees together, is one of only 11 full-blown hearings by the council since its formation in 1971.

When the council receives a complaint, it decides whether it has jurisdiction to delve into the matter.

Complaints have to be about a judge's conduct — not a ruling. They can be dismissed if they are deemed trivial, vexatious or not in the public interest.

If the complaint is deemed worthy, it is reviewed by a member of the council's conduct committee, who may dismiss it or refer it higher up to a review panel. THE CANADIAN PRESS

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Obama urges Americans to embrace diversity

U.S. President Barack Obama on Sunday marked the 15th anniversary of the Sept. 11 attacks by calling on Americans to embrace the nation's character as a people drawn from every corner of the world, from every religion and from every background. He said extremist groups will never be able to defeat the United States.

Obama spoke to hundreds of service members and relatives and survivors of the attack that occurred at the Pentagon when American Airlines Flight 77 slammed into the Defence Department's headquarters, killing 184 people. In all, about 3,000 people lost their lives that day as a result of the planes that crashed into the World Trade Center and in a Pennsylvania field.

The president said extremist organizations know they can never drive down the U.S., so they focus on trying to instil fear. "We know that our diversity, our patchwork heritage is not a weakness, it is still and always will be one of our greatest strengths," Obama said. "This is the America that we must remain true to."

> **This is the America that we must remain true to.**
> President Barack Obama

Obama spoke on warm, mostly sunny morning, noting that the threat that became so evident on Sept. 11 has evolved greatly over the past 15 years. Terrorists, he said, often attempt strikes on a smaller, but still deadly scale. He specifically cited attacks in Boston, San Bernardino and Orlando as examples.

In the end, he said, the enduring memorial to those who lost their lives that day is ensuring "that we stay true to ourselves, that we stay true to what's best in us, that we do not let others divide us."

"How we conduct ourselves as individuals and as a nation, we have the opportunity each and every day to live up to the sacrifice of those heroes that we lost," Obama said.

Obama's comments also came in the heat of a presidential election in which voters will weigh which candidate would best keep America safe.

THE ASSOCIATED PRESS

President Barack Obama bows his head for a moment of silence before delivering remarks at the 9-11 memorial ceremony at the Pentagon on Sept. 11, 2016. THE ASSOCIATED PRESS

Hillary Clinton waves after leaving an apartment building Sunday in New York. Clinton's campaign said she left the 9-11 anniversary ceremony early after feeling "overheated." THE ASSOCIATED PRESS

Sept. 11 ceremony clouded by politics

9-11 ANNIVERSARY

Cancellation of West Coast trip follows diagnosis of pneumonia

The U.S. marked the 15th anniversary of 9-11 with the solemn roll call of the dead Sunday but couldn't keep the presidential campaign from intruding on what is traditionally a politics-free moment of remembrance.

Hillary Clinton left about 90 minutes into the ground-zero ceremony after feeling "overheated," her campaign said. Video showed her knees buckling as three people helped the 68-year-old Democrat into a van in the muggy, 80-degree heat. Later in the day, she said she was "feeling great" as she walked to a vehicle. Clinton's doctor on Sunday afternoon diagnosed her with pneumonia and she was advised to rest.

A video showed Clinton slumping and being held up by three people as she was helped into a van after the event, and her doctor said in a statement that Clinton had become overheated and dehydrated.

"I have just examined her and she is now rehydrated and recovering nicely," Dr. Lisa R. Bardack said in a statement.

Less than two months from Election Day, it was an unwanted visual for Clinton as she tries to project the strength and vigour needed the job. Republican rival Donald Trump has spent months questioning Clinton's health, saying she doesn't have the stamina to be president.

The episode cast a political shadow over an event that has tried to keep the focus on remembrance by inviting politicians but barring them from speaking. The two candidates had followed the custom of suspending all TV ads for the day.

The politics of the moment weren't entirely absent from the ceremony, where some victims' relatives pleaded for the nation to look past its differences, expressed hopes for peace or called on the next commander-in-chief to ensure the country's safety.

Clinton called off plans to visit the West Coast on Monday and Tuesday following the health episode. She was scheduled to attend fundraisers on Monday and Tuesday in California, and tape an episode of Ellen DeGeneres' talk show.

THE ASSOCIATED PRESS

FRANCE

Teenager arrested in Paris terror plot

French police have arrested a 15-year-old boy at his Paris home to thwart what they feared was a planned weekend attack, as the prime minister warned on Sunday some 15,000 people in the country could be in the process of being radicalized.

The arrest of the teenager on Saturday came two days after police moved in on what the Paris prosecutor says was a group of female "commandos" arrested after an aborted attack at Notre Dame Cathedral and another possible attack. Those arrested included a 15-year-old girl, the daughter of one of three women arrested south of Paris.

A security official said Sunday that France's intelligence services "detected a threat" and a judicial official said police moved into action Saturday fearing a planned attack this weekend.

THE ASSOCIATED PRESS

SYRIA

Islamist factions to accept ceasefire

Rebel factions in Syria are prepared to honour a U.S.-Russian-brokered ceasefire while communicating deep reservations about its terms, according to a leader in the powerful Ahrar al-Sham militia.

The agreement is set to come into effect in stages beginning with a limited ceasefire Monday night that allows the Syrian government to continue to strike at al-Qaida-linked militants, until the U.S. and Russia take over the task in one week's time.

The arrangement has divided rebel factions, who have depended on the might of a dominant al-Qaida-linked faction to resist government advances around the contested city of Aleppo. The leader of at least one U.S.-backed rebel faction has publicly called the offer a "trap."

The deal has received the endorsement of President Bashar Assad's government and its key allies: Russia, Iran and the Lebanese militant group Hezbollah.

According to its terms, both Assad's forces and rebels would halt attacks, while the U.S. and Russia would join forces against Daesh and al-Qaida-linked militants in Syria.

But that scenario is complicated by the fact that the powerful al-Qaeda-linked faction, Jabhat Fatah al-Sham, remains intertwined with several other factions. It is not clear how these governments intend to distinguish between Jabhat Fatah al-Sham and other allied rebel factions or how they will be able to attack the al-Qaida linked militants without hitting other rebels as well.

THE ASSOCIATED PRESS

DENVER

Driver killed, students injured in school bus crash

Police say the driver of a school bus that crashed at Denver International Airport circled back to the airport and crashed into a concrete pillar after she picked up members of a high school football team. Police said police do not know why she circled back to the airport Sunday. The driver, whose name was not released, died at the scene. Authorities said 17 to 20 passengers were taken to hospitals. THE ASSOCIATED PRESS

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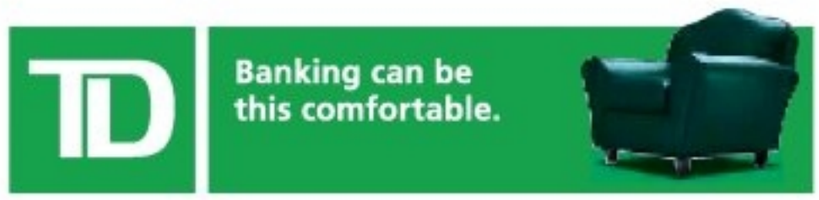

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Three female attackers killed in Kenya

POLICE TARGETED

Suicide vest fails to go off in firebomb, knife raid

Three women have been killed after they attacked a police station in the Kenyan coastal city of Mombasa on Sunday, a police official said.

One of the women threw a firebomb at officers while another pulled out a knife, Mombasa police chief Parterson Maelo said, adding two policemen were wounded in the attack.

The women, who were dressed in niqabs, were then shot by police. One of the women had a suicide vest that didn't detonate, another police official said.

No group has claimed responsibility for the attack. But Kenya faces a constant danger of being attacked by adherents of the Somali militant group al-Shabab, which has vowed retribution for Kenya's deployment of troops to Somalia in 2011.

Maelo said the women arrived at the central police station at about 10:30 a.m. to report a stolen telephone.

"While the officers were questioning them about the particulars of the stolen phone one of them drew a knife and another threw a gasoline bomb at the officers of the report office," he said.

Two of the suspects have been identified as Kenyans Fatuma Omar and Tasmin Yakub Abdullahi Farah, police spokesman Charles Owino said. One had a suicide vest that didn't detonate, he added.

A raid was conducted at Farah's house, leading to the arrest of three Somali refugees for questioning, he said.

THE ASSOCIATED PRESS

A bomb disposal team checks the scene where three women were shot dead by police outside the central police station in Mombasa, Kenya Sunday. THE ASSOCIATED PRESS

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PROTEST

Armed men occupy Sikh temple in U.K.

Police arrested 55 people and seized bladed weapons after dozens of men occupied a Sikh temple in central England on Sunday. A Sikh youth group said it was protesting the temple's use for interfaith weddings.

The Warwickshire Police force said officers were called early Sunday morning to the Gurdwara Sahib Leamington and Warwick temple in Leamington Spa, a town 160 kilometres northwest of London.

Police initially said the group consisted of 20 to 30 people. Several hours after the incident began, police said they had made 55 arrests on suspicion of aggravated trespass. They said no one was injured.

The force said "a significant number" of bladed weapons had been seized, though it didn't say of what kind. Some Sikh men wear a ceremonial dagger known as a kirpan.

Police said the incident wasn't related to terrorism, but was "an escalation of an ongoing local dispute."

A group called Sikh Youth Birmingham said on its Facebook page that a peaceful protest was taking place against an interfaith wedding due to be held at the temple. They said they were upholding the "sanctity" of the Sikh religious wedding ceremony.

> **There have been tensions that have been going on for a couple of years.**
> Jatinder Singh Birdi, former treasurer at the Leamington temple

Some Sikhs have previously objected to mixed-faith weddings taking place at Sikh temples.

Jatinder Singh Birdi, a former treasurer at the Leamington temple, told the BBC that "there have been tensions that have been going on for a couple of years," but "nothing has happened on this level before." THE ASSOCIATED PRESS

FAILED COUP

Turkey replaces 28 elected officials

Turkish police used water cannons and teargas to disperse protesters Sunday after Ankara announced it had replaced 28 elected municipal and district mayors in several predominantly Kurdish towns in Turkey's east and southeast.

The removed officials are suspected of colluding with groups the government considers terrorist organizations, the Interior Ministry announced Sunday, adding that the decision was in line with a governmental decree enacted in the wake of a failed military coup.

Turkey declared a state of emergency following the July 15 coup attempt that allows the government to rule by decree. It has since suspended tens of thousands of people from government jobs over suspected links to terrorist organizations.

Of the officials replaced with by Ankara-appointed deputy and district governors Sunday, 24 are suspected of ties with the outlawed Kurdistan Workers' Party or PKK, and four are thought to be linked to the Gulen movement the governments alleges is responsible for the abortive coup that left over 270 people dead.

THE ASSOCIATED PRESS

Marijuana-related businesses are scrambling to find alternate banking arrangements after two of Canada's biggest banks said they aren't providing accounts to companies in the marijuana industry. THE CANADIAN PRESS

Big two back away from pot industry

BANKING

Stores receive letters from Scotiabank, Royal Bank

Scotiabank and the Royal Bank of Canada say they aren't providing accounts to companies associated with the marijuana industry, leaving some business owners scrambling to find alternate arrangements.

After a decade-long relationship with Scotiabank, Hemp Country owner Nathan MacLellan says he received a letter from the bank late last month stating his account was being cancelled. The store in Woodstock, Ont., sells marijuana-related items such as pipes and bongs but no actual cannabis, MacLellan says.

"It's kind of insulting really, especially when legalization is right on the horizon," he said.

"Nothing in the store that we sell is illegal. Every single variety store sells pipes and bongs nowadays, so why are they singling us out all of a sudden?"

Since then, MacLellan has managed to secure an account with a local credit union.

Earlier in August, a fledgling medical marijuana producer said it received a phone call from Scotiabank, advising them that it will no longer be doing business with cannabis-related companies.

Scotiabank spokesman Rick Roth said in an email that it aims to "manage risks soundly while making prudent business decisions."

"This is why the bank has taken the decision to close existing small business accounts and to prohibit the opening of new accounts for customers classified as 'marijuana-related business.'"

Royal Bank also confirmed that it doesn't provide banking services to companies "engaged in the production and distribution of marijuana."

Bruce Linton, the CEO of Canopy Growth Corp., says he received a letter from RBC roughly a year ago informing him the bank was cancelling the licensed producer's account.

He recalls that a few other licensed producers received similar letters around that time.

"My gut feeling is that probably someone in risk analysis somewhere determined that marijuana was a topic which had uncertainty surrounding it," Linton said. "So rather than looking at determining which (companies) were in concert with the laws and which were not, all were treated the same."

THE CANADIAN PRESS

OTHER BANKS

TD Bank said it assesses all applications on a case-by-case basis.

CIBC and the Bank of Montreal did not reply to requests for comment.

OILSANDS

Wetlands reclamation a mixed success

Faced with reclaiming oilsands open-pit mines that were once thriving wetlands, Suncor and Syncrude have been trying to do what's never been done — rebuilding one of the most complex, diverse and delicate ecosystems in the boreal forest.

Three years into the groundbreaking, high-profile projects, early successes are emerging.

Suncor's Nikanotee fen and Syncrude's Sandhills fen are staying wet year-round. They're growing some typical fen plants.

Even better, they've begun to store carbon in their peaty depths. But the overall plant mix isn't what it was. Soil and water chemistry has changed. Biodiversity has shrunk.

The fens don't seem to be developing into what was there before and nobody really knows how they will evolve.

"We can't kid ourselves," said Jonathan Price of the University of Waterloo, one of the main experts behind Nikanotee. "We can't replace nature."

Fen recovery is so uncertain and expensive that one researcher suggests resources would be better used elsewhere.

> **We can't kid ourselves. We can't replace nature.**
> Jonathan Price of the University of Waterloo

Fens are wetlands that are permanently waterlogged with an alkaline, peaty soil that stores vast amounts of carbon. They filter water and store it during dry years and are considered essential to the boreal ecosystem.

Suncor has promised to restore about one-fifth of the more than 100 square kilometres of wetland it plans to disturb. The company has only committed to the Nikanotee fen.

THE CANADIAN PRESS

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URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I gave my co-worker an idea that he used to great effect. But I didn't get any credit. Am I right to want some?

Dear Ellen,

A while ago, I met up with a co-worker on my morning commute. He was having trouble with a project, so I suggested the approach I would take. He said that was a great idea, and we went our separate ways. Later, after he finished the project, our boss paraded him around, saying how great it was and having him give a presentation on how he implemented the method I suggested that morning on the bus. This irked me, and I even said to him "Isn't that what I suggested?" but he brushed me off. He did do an excellent job, but I wish he'd at least mentioned me when presenting the strategy I came up with. Do I have a right to want acknowledgment?

Irked

Dear Irked,

Rest assured that you have asked the right person about how to deal with this, as I — like most writers — spend a lot of time and energy pondering the problem of idea-stealing b——s who refuse to share credit.

Many a sleepless night has gone by while I writhe with resentment over those monsters who shamelessly exploit my genius, then profit off my original stories and concepts without a word of gratitude, not to mention cold, hard cash.

Unfortunately, some other nights I also lose sleep as I writhe in defensive contortions over certain bits of, er, um, "material" I've scavenged from the lives of everyone around me for my own profit (which doesn't amount to much, I can assure you, in the current freelance-hack marketplace, but nevertheless).

The fact is, anyone involved in a creative endeavour, whether it's an office project or a slim volume of haikus, is constantly mining every moment of the day for fodder and inspiration. It's both conscious and unconscious. I can't speak for Robin Thicke, whose Blurred Lines was found by a jury to be a bad-faith ripoff of Marvin Gaye's Got To Give It Up. But I'd bet my life George Harrison didn't deliberately plagiarize 1963's "He's So Fine" for his 1970 hit "My Sweet Lord."

I'd bet my life George Harrison didn't deliberately plagiarize 1963's He's So Fine for his 1970 hit My Sweet Lord.

In your case, I'll give your co-worker some slack in matters of interpretation, inspiration and execution.

But I will also absolutely agree with you that he should have acknowledged that he brainstormed a bit with you, and that it helped him.

In future, if you want to make sure you get credit, follow up such commuter convos with a friendly email: "Hey, I was thinking more about your project and here is my idea in more detail …" Now you have an e-trail that establishes your claim on proper credit — or, keep in mind, blame, if it all goes sideways.

But an even better approach, if you can do it, is to let it go. Continue to spread your innovative ideas amongst your fellow humans with generosity and enthusiasm, and take deserved satisfaction in knowing you are making the world a better place.

Addendum to last week's column about men in sandals: We've had letters pointing out my inexcusable negligence in addressing the question of socks. Please be advised that, yes, they're a fashion faux pas, but acceptable to those of us who'd rather look at unsexy socks than unsexy feet.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

Bad-apple approach won't rid us of bias among judges

Who else?

It's abundantly clear that Robin Camp was allowed to sit on a provincial bench (and then enjoy an appointment to federal court) while harbouring sexist biases. But the glum, apologetic Alberta judge, who is now enduring a headline-grabbing inquiry for suggesting a sexual assault victim should have kept "her knees together," is no outlier.

The important question isn't whether Camp will keep his job; it's who else has gone under the radar.

Camp is arguing that he has wised up, thanks to sensitivity and gender-discrimination training, plus a refresher on rape-shield laws. Unlike those demanding his dismissal, I'm willing to believe him. I have to. The alternative is a justice system wholly unreliable and, worse, unfixable.

"By no means is this a unique case, by no means whatever," said Kathleen Mahoney, QC, a law professor at the University of Calgary.

She would know. For decades, Mahoney has been at the centre of judicial-education efforts, part of a movement that has sought to ensure the Charter of Rights and Freedoms doesn't turn out to be an "empty promise." But she and her allies lost a key battle: to make judicial education mandatory.

"To me the Camp case is an indication of the failure of judicial education to ensure that judges, to some extent, are protected from making these kinds of errors," Mahoney said.

The excuse has always been that mandatory training would infringe on judicial independence. That line, according to Adam Dodek, co-author of the forthcoming book "Regulating Judges," has been "viewed as quite a stretch" by some and "baseless or worse" by others. Mandatory training exists elsewhere, he said, and the Canadian judiciary "lags behind the world" in training judges.

Camp's biases were outlandish and egregious. The system would be a joke if he weren't facing an inquiry. But many other judges undoubtedly harbour similar views, hiding them inside legally defensible decisions nonetheless coloured by rape myths and sexism.

If there's any group, other than sexual assault victims, that should want this to change, it's judges.

Bias in one generates suspicion of them all, and makes a mockery of the oath to mete out justice fairly. It feeds the growing crisis of faith in our courts. Already, the vast majority of women don't even bother to report rapes and assaults. They know, because the data on this is irrefutable, that justice for sexual assault is doled out in pitifully few cases.

Judges are, in part, to blame. And there's only one way for them to prove they care about improving the situation: admit, as Camp has, that they have a lot to learn.

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Sully 'lands' with $35.5 million at the box office

Tough-as-nails American girl

INTERVIEW

Riley Keough channels her rebel side in American Honey

Richard Crouse
For Metro Canada

In American Honey, a road trip movie now playing at the Toronto International Film Festival before it heads to a national release later this year, Riley Keough plays a Fagin-like character, tough-as-nails with a glare that could peel the paint off the walls.

She is Krystal, the leader of a travelling band of door-to-door magazine sellers who picks up new recruits along the way with one simple job interview question: "Do you got anyone who's going to miss you?"

It is a bravura performance in a movie that, once and for all, proves she's not just Elvis Presley's granddaughter; she can really act.

Making the free-form drama with British director Andrea Arnold and a cast of mostly newcomers was an unconventional occurrence for the Girlfriend Experience star.

"I didn't know what the (bleep) anybody else was doing," she says.

"I wasn't on set for anything except for my own stuff. Nobody knew what the movie was about until we watched it. I literally had no idea."

Keough, who has appeared in Magic Mike, Mad Max: Fury Road and will soon be seen in the Netflix film The Discovery and Steven Soderbergh's Logan Lucky, says the lack of traditional structure did "all the right things" for her performance.

"It makes you able to do anything," she says.

"You don't want to get into the habit of only doing things that are structured and safe. Hit your mark and look that way.

"You have nothing, so you actually have to do something. You're not going off a whole script and character arc and knowing all these blah, blah, blah things. You're just existing as this person. You are forced to exist as this person. You don't get a chance to think about anything at all."

Hitting marks and finding the light "is just (bleeping) annoying," she says.

"Excuse my French. This was a nice break from it."

Set in a world where regular folks still open the door for rattily dressed kids selling magazines, it's a story about families lost and families found, about poverty, disenfranchised youth and finding freedom on the road.

"I think Krystal had been doing this for a long time so that's all she knew," Keough says of her tough-talking character.

"This world does exist. I think she grew up 'on crew' and she knows the most. We ran into another mag crew. In the movie you see us shaking hands with another mag crew."

TIFF | Rising star

> **I learned not to drink too much... legitimately**
> Riley Keough on filming American Honey

At well over two-and-a-half hours American Honey has an emphasis on naturalism and all that entails: the mundane and the pulse racing in equal measure.

It's not a traditional road flick. Here, the destination isn't as important as the journey.

Life on the road taught Keough a thing or two. "I learned not to drink too much," she says.

"I really think I learned it. Legitimately."

She laughs, perhaps remembering some long nights while making this movie, then adds in a more serious tone, "I learned a lot of really profound things but I don't know how comfortable I am talking about them."

Elvis Presley's granddaughter Riley Keough plays Krystal, the leader of a travelling band of door-to-door magazine sellers, in American Honey. LIZ BEDDALL/METRO

When learning leaves the classroom

TREND

Schools find students thrive in outdoor environments

Teacher Joanne Ward and her grade 3/4 students take part in the outdoor classroom of Hazelwood Elementary in St. John's, N.L. THE CANADIAN PRESS

A new classroom at Hazelwood Elementary School in St. John's, N.L., has no walls, windows or desks — in fact, it's not even inside the school.

The outdoor classroom — situated amidst the trees on a circular gravel patch — features a teacher's podium made from stone and a number of stone benches that can accommodate about four children each.

"Getting kids outside is something that really works to their benefit. As an educator, you know it's important for students," said Dale Lambe, principal at Hazelwood Elementary School.

"The outdoor environment is something I think we're looking more at as educators, especially for the younger age group."

Hazelwood's outdoor classroom is part of a growing trend in Canada: Schools building dedicated infrastructure to encourage outdoor learning.

Lambe said he knows of at least four outdoor classrooms in the St. John's area, all of which were built within the last five years.

But the phenomenon of open air learning is widespread, with one school in Saskatchewan installing a small barn and paving stones, and another in New Brunswick building a wooden pirate ship with bench seating.

While the characteristics of outdoor classrooms can vary dramatically from school to school, the benefits of bringing children outdoors to learn are the same, said Cam Collyer of the Toronto-based non-profit Evergreen.

"If you look at it through a health lens, you see you that you have more physical activity, a greater volume of activity and a greater diversity of activity," said Collyer, whose organization has helped Canadian schools establish outdoor classrooms for more than two decades.

"It's physically active learning. So you're using a different learning modality — hands-on learning, multi-sensory learning... Some of the brain research is as simple as, 'You move the body and you activate the brain'."

Students are learning a variety of subjects outdoors, bringing out notebooks for math, language arts and social studies, paint brushes for art and instruments for music class.

Collyer said having a dedicated outdoor classroom also affects the social environment of the school grounds, which historically have been "flat, barren expanses."

"In the short-hand of the research — they're boring, and boring is often the leading edge of negative behaviour," he said. "If there are more destinations, you're drawn to move around, and that breaks up the boredom and creates more positive social interactions."

> **If their teacher says, 'tomorrow we're going to the outdoor classroom,' it comes with a lot of excitement**
>
> Dale Lambe, principal, Hazelwood Elementary School, St. John's, N.L.

Teacher Tanya Trembath recalls what happened when she took her Barrie, Ont., kindergarten class outside after a rain shower.

She watched a boy place a snail on his nose, while others allowed the creatures to crawl up their arms. The Hewitt's Creek Public School class ended up collecting 220 snails.

"So you can see how there's so many things you can build on just from that one walk for snails," said Trembath, whose outdoor classroom includes a large sandbox and forest area.

"They're counting snails in their heads. We looked at books and videos about snails. We would draw and label pictures. They built a habitat. So it becomes a huge learning story incorporating math, science, reading and writing."

Hewitt's Creek is part of a board of 86 schools — all of which have outdoor classrooms.

Every kindergarten class in the Simcoe County District School Board is encouraged to go outside between 20 and 100 minutes per day.

The board is also the subject of a study that looks at how being outdoors benefits students. The board says six classrooms participated in the study last year — half using the outdoor classroom frequently and the others half infrequently. This year, the study is continuing with 12 classrooms participating.

Hazelwood's outdoor classroom — used by all grade levels — is also equipped with Wi-Fi and children can often be seen sitting side-by-side on the outdoor classroom's stone benches, huddled around an iPad.

Lambe said technology is changing the way children learn, making it all the more important to get them acquainted with nature.

"We need to be looking at different venues and different settings for student learning. The way they learn is changing and the styles of learning are changing," said Lambe, citing the use of educational tablet apps.

"(The outdoor classroom) adds to the school and it adds to the children's excitement. If their teacher says, 'Tomorrow we're going to the outdoor classroom,' it comes with a lot of excitement."

THE CANADIAN PRESS

Easy access to credit cards means some Canadians think they can buy more than they can afford, and are now drowning in debt. ISTOCK

For most, money is a finite resource

BUDGETS

Simple jars are all you need to make sure you stay on track

Gail Vaz-Oxlade
For Metro Canada

People are delusional. Helped in large part by access to credit, folks think they can afford stuff they can't.

Thinking that they are richer than they actually are drags them deeper and deeper into debt.

More than half of Canadians are living paycheque to paycheque, many saving nothing for the future, and many more spending money they have yet to earn.

And when I start talking about budgets, it's these very people who tell me budgets don't work.

Hey, making a budget isn't an exercise in theory; it's an exercise in practice.

You have to live within the budget for the exercise to have been worth the effort.

If you plan to spend $450 a month on food but you end up spending $600, it's not the budget, it's you.

Run out of stuff and head to the stores to restock without an eye on the budget, that's you. Friends pop over and you run to the store for supplies, that's you.

The kids are having a bake sale at school, so you run to the store to do your bit, that's you.

And then there are the unconscious shopping trips you make: the extra bag of milk at the convenience store where you also grab a candy bar and two bottles of juice.

The salad dressing you forgot on the last trip that takes you back, which gives you the opportunity to add croutons, six tins of tomato sauce (on special) and a brick of cheese to your cart.

Using cash helps. When you take a certain amount of money out of the bank and stick it in a jar on your counter, you tend to be more conscious about what you're spending, since you can actually see the money running out.

That's the magic of the jars: they remind you that money is an exhaustible resource.

So the jars are the very antithesis of credit, the purveyors of which want you to believe you are richer than you are because you can pay for anything you want whenever you want it.

You aren't paying for anything when you put it on credit. That vacation on your line of credit isn't paid for yet.

Those shoes on your credit card? Not paid for. The groceries you put on your card for the points, but didn't pay off in full when the bill came in? Not paid for.

When you put things on credit, you aren't paying for them. You're promising to pay for them at some point in the future.

And since someone else is paying for them on your behalf — they're renting you their money — you're going to cough up good money for the privilege of not having to pay for the stuff you brought home.

So here's my big question: If you can't afford to pay for the stuff you are consuming today, how can you be richer than you think?

For more money advice, visit Gail's website at gailvazoxlade.com

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YOU CAN DO THIS DENTAL ASSISTANT

‘I know everything about their smiles’

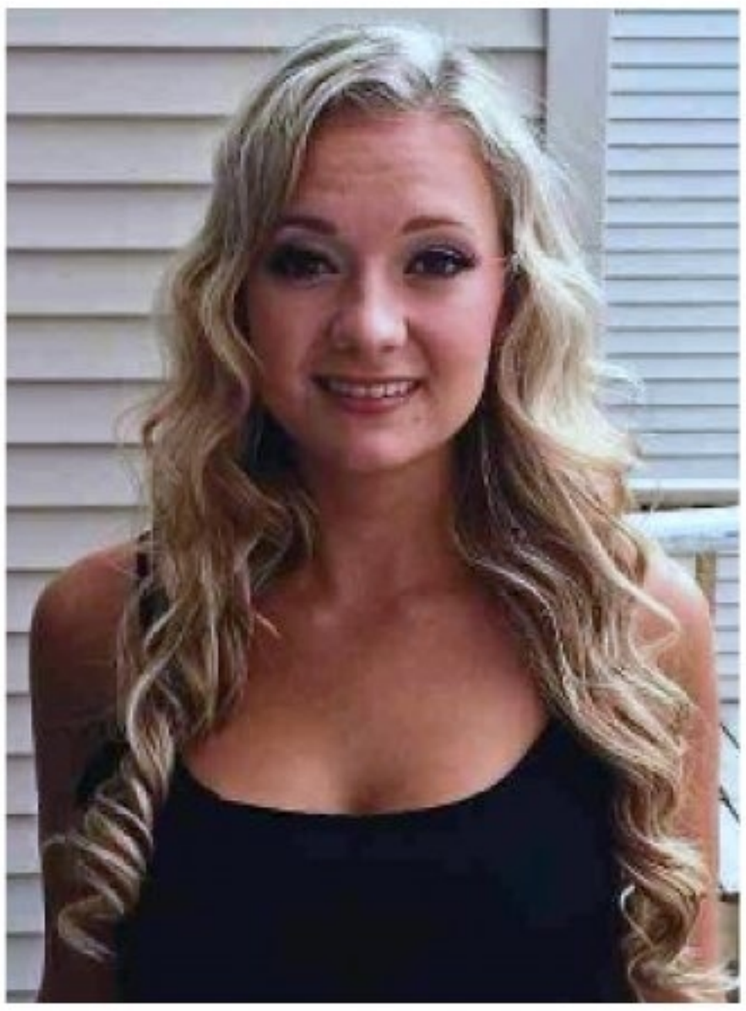
WHY I LIKE MY JOB

Meghan Johnson, 25, Office Manager / Dental Assistant at Dentistry on Centrepointe in Ottawa, Ont.

I love teeth. I couldn’t tell you the colour of my best friend’s eyes, but I know everything about their smile. It was this fascination — combined with my commitment to good oral hygiene and a desire to work in the health care sector — that led me to Durham College’s dental assisting program in 2008.

At the time, the program ran for eight months in an intensive, hands-on learning environment. Tests and practical assessments were given almost daily in courses like biology, radiation practice, clinic practice and preventive dentistry. Despite the intensity, the program truly prepared me for my career. Seven years later, I’ve leveraged my strong technical and interpersonal skills to take on more responsibilities as an office manager.

What I find most appealing about the job is the social aspect. Over the years, I’ve built up a loyal client base and I always look forward to hearing about a patient’s wedding or new grandchild. I also enjoy working in a preventive health care setting, which allows me to help treat cavities, gum disease and inflammation before it becomes a serious problem. I get to smile each day knowing I helped treat a client’s pain or improved their overall wellbeing.



THE BASICS: Dental Assistant

$35,755

Median starting salary for an entry-level dental assistant. Those who specialize in orthodontics or oral surgery tend to earn more, with annual salaries ranging as high as **$53,500**.

+14%

Projected rate of **job growth** over the next 8 years.

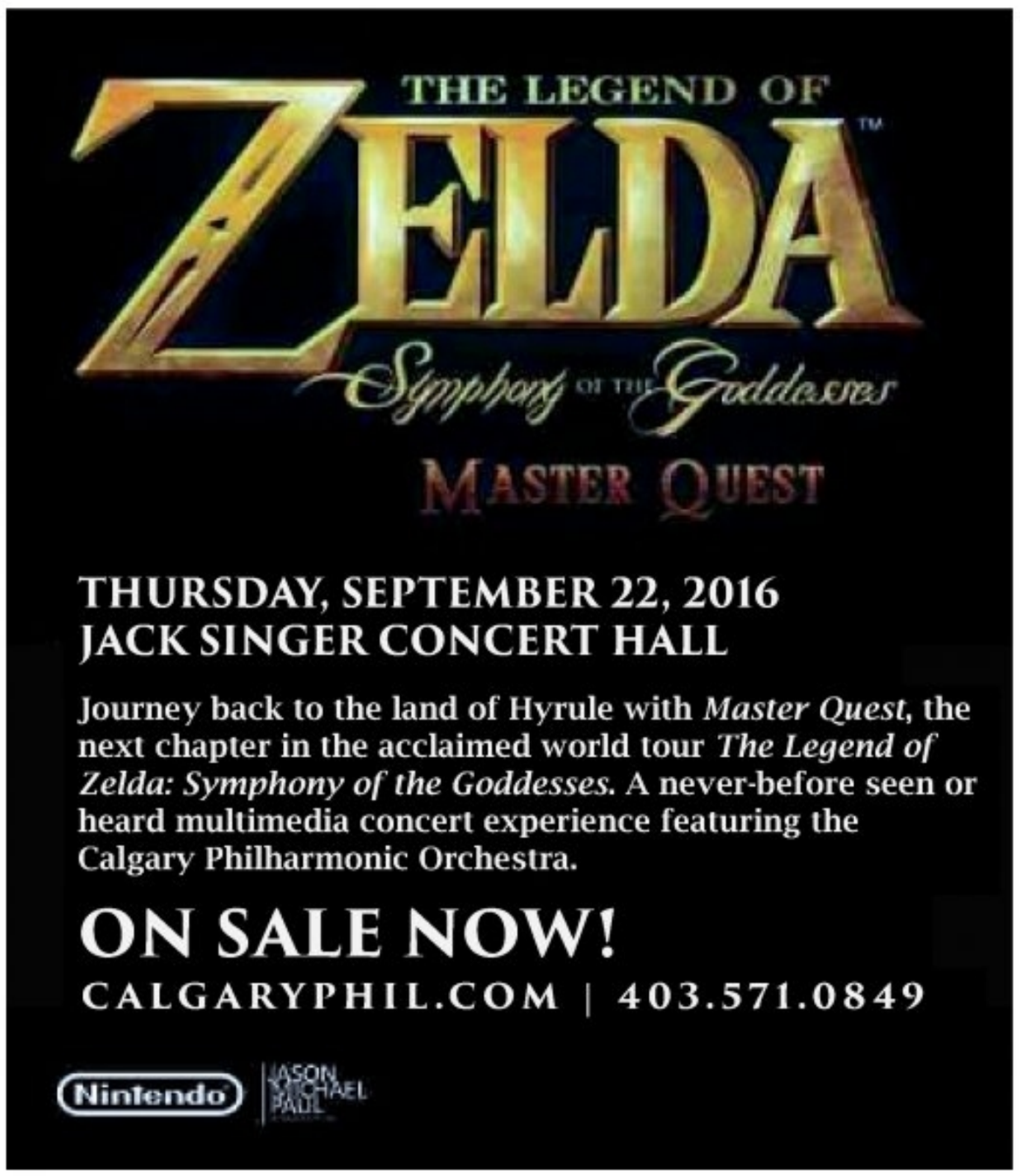
Data for this feature was provided by payscale.com, onetonline.org, trade-schools.ca and durhamcollege.ca

HOW TO START

Dental assistant programs are offered in both public and private post-secondary institutions, and can last anywhere from eight to 16 months. Applicants can expect to delve into general courses in biology, chemistry and anatomy in addition to core material in dental radiology and radiography, oral health, record maintenance and nutrition. Most institutions offer field placements as part of the curriculum, providing students with practical clinic experience in preparation for the mandatory National Dental Assisting Board exam.

WHERE YOU CAN GO

Certified dental assistants can find employment in virtually any municipality, given the increasing number of clinics in large cities and suburban areas. Canada’s unemployment rate in this sector is considerably low, and many trained professionals find rewarding work in general dental practices, hospital dental clinics, the armed forces and correctional institutions. Graduates seeking career advancement may also pursue continuing studies in dental hygiene or dental office management.



Why Jasmine Lorimer put her love life on TV

INTERVIEW

Canada's first Bachelorette an adventurous and free spirit

Jasmine Lorimer, a hairstylist and part-time model from Pemberton, B.C. is Canada's first Bachelorette. TORSTAR NEWS SERVICE

When you think about the concept of a woman dating up to 20 men at one time for a reality TV show, the first phrase that comes to mind isn't "old-fashioned."

Yet those are the words that Jasmine Lorimer, the 27-year-old star of The Bachelorette Canada, uses when explaining why she agreed to live out two months of her love life on TV.

"The appealing thing about this is you do get a lot of face-to-face time and you're taking away the phones, and you're taking away the texting and all those things that can be said over text or misconstrued, and . . . all of the development of your relationships happens one on one," she says.

A SIMPLER WAY
"The appealing thing about this is you do get a lot of face-to-face time and you're taking away the phones..."

"Although it seems strange to do it on reality TV, it's also kind of old-fashioned in a weird way. . . . If it wasn't televised, I mean, aside from all the extravagant dates that happen that you probably wouldn't be going on, but just the actual quality time on dates, it's a very normal feeling."

The country gets to judge for itself when The Bachelorette Canada debuts on W Network Tuesday at 9 p.m.

It's the maiden Canadian journey of this spinoff of the U.S. Bachelor franchise, in which a woman seeks a mate by dating multiple men.

Canada had two seasons of The Bachelor, in 2012 and 2014 on City TV, but this is its first Bachelorette.

Lorimer hadn't watched the U.S. version for quite a while when she got offered the gig, so she did some catching up. What she came away with was a determination to be herself on TV.

But why look for a husband on a show in the first place?

The hairstylist and part-time model had just moved to the small town of Pemberton, B.C., from Vancouver (she's originally from Kenora, Ont.), not exactly a singles haven, and wasn't sure how to meet someone to share the area's peace and natural beauty.

Besides, she describes herself as an adventurous free spirit and this definitely qualifies as an adventure. Lorimer concedes there's no way to prepare yourself for the experience of dating so many people. In fact, she had never dated more than one person at a time and had to learn to "compartmentalize" relationships.

"I never was able to do that. As soon as I like somebody I just like them and I've got blinders on. . . . The weird thing is before going onto this show I had been saying to myself mentally, 'OK, the next time I get into a relationship I'm not gonna put all my eggs in one basket' and so there was my ultimate eggless basket."

Nor could she prepare for the emotional toll of breaking up with so many people in such a short period of time.

"It became difficult at the end," she said (and no, she can't tell us if she ended up engaged). "(Bachelor and Bachelorette contestants) always say I never imagined it would be this hard. It really is like that and you can imagine but, until you're in it, oh, it's heartbreaking at times."

So yes, there will be tears. But Lorimer also says she woke up excited about every day of filming. "I really did go into this wholeheartedly, and with the best intentions and with my heart on the line. I did not hold back and I think that the viewers will see that when they watch.

"I went through a lot of hurt through this thing, but I experienced so many good things and took so many positive things from it, and I have no regrets."

TORSTAR NEWS SERVICE

CREATIVE ARTS EMMYS

Poehler, Fey share big host win

Peter Scolari won the best guest actor in a comedy series for Girls. THE ASSOCIATED PRESS

Tina Fey and Amy Poehler are sharing Emmy gold as Saturday Night Live hosts.

They were honoured jointly in the best guest actress in a comedy series category at Saturday's creative arts Emmy ceremony.

Fey and Poehler won as co-hosts of last year's Christmas episode on SNL. The pair didn't attend the Los Angeles event, and Bob Newhart accepted the Emmy on their behalf. The Emmy was the first for Poehler but part of a collection for Fey. She's won eight times before, including acting and writing trophies.

Peter Scolari was another first-time Emmy winner: He captured the best guest actor in a comedy series award for Girls, in which he plays dad to star Lena Dunham. On the drama series side, Hank Azaria was honoured as best guest actor for Ray Donovan and Margo Martindale of The Americans won as best guest actress.

The creative arts Emmys precede the main ceremony, which is scheduled to air Sunday, Sept. 18, on ABC. THE ASSOCIATED PRESS

WINNERS

- **Best original music and lyrics:** Till It Happens To You, Diane Warren (sung by Lady Gaga), from the documentary The Hunting Ground
- **Commercial:** Love Has No Labels, Ad Council
- **Music composition for a series (original dramatic score):** Mr. Robot, episode 1
- **Casting for a drama series:** Game of Thrones, HBO

metro SPORTS

USTA officials say a 20-second clock to start points is among the changes being considered to make the game more TV friendly

Young Cowboys held in check by Giants

NFL

Cruz back to his dancing ways, scores winning TD

The salsa is back, and the New York Giants finally finished when the Dallas Cowboys failed to stop the clock in the final seconds.

Eli Manning threw for three touchdowns, including the go-ahead score to Victor Cruz in his first game in nearly two years, and the Giants beat the Cowboys 20-19 Sunday.

The Giants (1-0) won the debut of coach Ben McAdoo after 12 years and two Super Bowl titles under Tom Coughlin while spoiling the first game for Dallas' Dak Prescott and Ezekiel Elliott.

Cruz, who missed most of 2014 with a knee injury and all of last season with a bad calf, broke free in the end zone for a three-yard TD with six minutes remaining, prompting his trademark salsa dance.

"You couldn't even describe what was going through my body," said Cruz. "Wanted obviously to do the dance. I'm sure I've got that down pat.

"Everybody just pulled for me each and every day, each and every week as we got closer to Week 1. And to score a touchdown, you just couldn't make up a story any better than that."

The game ended with Dallas in position for a 57-yard field goal, but Terrance Williams didn't get out of bounds after a catch and the clock ran out before Prescott could spike the ball.

Dan Bailey had four field goals, matched his career long at 56 yards and had another one from 54.

"The guy was trying to make a play," Prescott said of Williams. "You never want to knock a guy trying to make a play."

Elliott was held to a 2.5-yard average (51 yards on 21 carries), although he had his first touchdown, and the only one for Dallas. Prescott was 25 of 45 for 227 yards.

Manning was 19 of 28 for 207 yards. THE ASSOCIATED PRESS

Rashad Jennings of the New York Giants carries the ball against the Dallas Cowboys at AT&T Stadium on Sunday in Arlington, Texas. TOM PENNINGTON/GETTY IMAGES

WEEK 1 SCOREBOARD

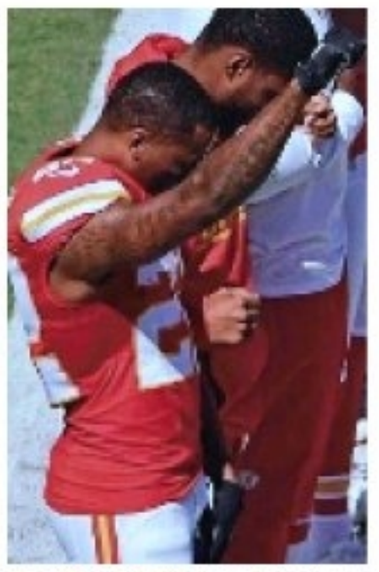
THURSDAY
- Broncos 21, Panthers 20

SUNDAY
- Ravens 13, Bills 7
- Texans 23, Bears 14
- Bengals 23, Jets 22
- Eagles 29, Browns 10
- Packers 27, Jaguars 23
- Vikings 25, Titans 16
- Raiders 35, Saints 34
- Chiefs 33, Chargers 27
- Buccaneers 31, Falcons 24
- Seahawks 12, Dolphins 10
- Lions 39, Colts 35
- Giants 20, Cowboys 19
- Patriots at Arizona*

MONDAY
- Steelers at Washington
- Rams at San Francisco

*Sunday's late game

Dolphins Jelani Jenkins, from left, Arian Foster, Michael Thomas and Kenny Stills kneel on Sunday in Seattle. STEPHEN BRASHEAR/THE ASSOCIATED PRESS



The Chiefs' Marcus Peters on Sunday. JOHN SLEEZER/ THE KANSAS CITY STAR VIA AP

ANTHEM PROTESTS

Signs of solidarity

Opening day saw Kansas City cornerback Marcus Peters raise a black-gloved fist during the national anthem, a protest amplified later Sunday when four Miami Dolphins kneeled on the sideline as The Star Spangled Banner played in Seattle.

The protests were inspired by San Francisco backup quarterback Colin Kaepernick who has recently sat or taken a knee during the anthem to call attention to what he termed the oppression of blacks. THE ASSOCIATED PRESS

CFL IN BRIEF

Stampeders best Eskimos in double overtime

Bakari Grant reeled in a 23-yard touchdown pass in the second overtime as the Calgary Stampeders continued to roll through the season, coming away with a thrilling 34-28 victory over the Edmonton Eskimos on Saturday.

Calgary (9-1-1) has won eight in a row and is unbeaten in 10 games.

Edmonton (5-6) has lost two straight. THE CANADIAN PRESS

Athlete takes last shot at Paralympics

RIO2016

Vervoort says reports she will end her life 'out of the question'

Marieke Vervoort won silver in the T52 400-metre race on Saturday night in Rio. OIS/IOC/AFP/GETTY IMAGES

Marieke Vervoort lives with nearly unbroken pain. The Belgian has an incurable, degenerative spinal disease, sleeps only 10 minutes some nights, and in 2008 she signed euthanasia papers so she can decide when to end her own life.

The 37-year-old Paralympian is prepared to die, but not now. Back home, newspapers have been reporting the wheelchair racer intends to kill herself after the Paralympics end next weekend.

"I think there is a great mistake about what the press told in Belgium," Vervoort said Sunday, speaking in English and surrounded by reporters wanting to hear her compelling story.

"This is totally out of the question," she added. "When the day comes, when I have more bad days than good days — I have my euthanasia papers. But the time is not there yet."

This is Vervoort's last Paralympics. She won silver Saturday night in the T52 400 metres, adding to the gold and silver medals she won four years ago in London. Her last wheelchair race will be Saturday at 100 metres.

She's shown her will to live by tackling tough training, and it's also helped keep her alive. But she has to give it up, as she has other things, as her body has broken down.

Her pain is so severe at times that she loses consciousness, and she said the sight of her in pain has caused others to pass out.

"It's too hard for my body," Vervoort said. "Each training I'm suffering because of pain. Every race I train hard. Training and riding and doing competition are medicine for me. I push so hard — to push literally all my fear and everything away."

Vervoort is a strong advocate of the right to choose euthanasia, which is legal in Belgium. Like training hard, she said it gives her the control and "puts my own life in my hands."

"I'm really scared, but those (euthanasia) papers give me a lot of peace of mind because I know when it's enough for me, I have those papers," she said.

THE ASSOCIATED PRESS

SWIMMING

Rivard nets a silver in 200m medley

Canadian swimmer Aurelie Rivard added to her Paralympic medal collection on Sunday, capturing silver in the women's 200-metre individual medley.

The 20-year-old from Saint-Jean-sur-Richelieu, Que., had claimed Canada's first gold medal of the Games two nights earlier, winning the 50 freestyle in a world-record time.

Rivard, who was born with an underdeveloped left hand, touched the wall in 2 minutes 30.03 seconds on Sunday night, to finish behind New Zealand's Sophie Pascal. Pascal won in a world record 2:24.90.

Paralympic veteran Benoit Huot narrowly missed adding a second swim medal on the night, finishing fourth in the 200 I.M.

Huot won the gold medal in the event four years ago in London in a world-record time.

At the track, Canadian wheelchair racer Brent Lakatos captured a silver medal in the 400 metres for his second medal of the Rio Paralympics. Liam Stanley added a second medal on the morning for the Canadian track team, racing to silver in the 1,500 metres.

In rowing, Canada won bronze in the LTA mixed coxed four. Britain won gold in 3:17.17, the U.S. was second in 3:19.61 and the Canadians with Victoria Nolan, Meghan Montgomery, Andrew Todd, Curtis Halladay and coxswain Kristen Kit followed in 3:19.90.

Aurelie Rivard GETTY IMAGES

"We came back on the U.S. in a big way," said Montgomery, 34, who has a disability in her right hand. "We got from the stern to just being a bow ball away from silver. It was a good race."

Montgomery is a three-time Paralympian who retired after the London Games but made a comeback in 2015.

In women's wheelchair basketball, the Canadian women lost their first game after opening with two victories. They fell to Germany 68-54 despite a 23-point effort by Cindy Ouellet.

Canada has 12 medals — three gold, six silver and two bronze — so far in Rio.

THE CANADIAN PRESS

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BoSox build lead on Jays

MLB

Air sucked out of Rogers Centre with series defeat

Dropping two of three games to the Boston Red Sox in Toronto is not what the Blue Jays wanted.

But Troy Tulowitzki and his teammates say the American League East pennant race is far from over. He hit a grand slam and Edwin Encarnacion added two home runs on Sunday as Toronto dropped the rubber match of their three-game series to Boston 11-8.

The loss puts the Blue Jays into a tie with the Baltimore Orioles for second in the AL East, two games back of the Red Sox.

Toronto had been in first as recently as Sept. 6, but has lost seven of its past 10 games to tumble down the standings. At the same time, Boston has won seven of its past 10 and Baltimore six of its past 10, including a 3-1 win over Detroit on Sunday.

"There's still a lot of time left. What, 20 games left? There's a lot of time," said Tulowitzki, who noted the Blue Jays final regular-season series will be in Boston. "A lot of things can happen. I think we've been jockeying for position the whole year, just right now we're two games back.

"We would've liked to have won the series but, unfortunately, we didn't. We'll move on."

Jackie Bradley Jr., David Ortiz and Hanley Ramirez all hit home runs as Boston's big bats dominated the game. Clay Buchholz (6-10) threw just three innings, giving up six runs before making way for the Red Sox (80-62) bullpen. Heath Hembree, Noe Ramirez, Robbie Ross Jr., Brad Ziegler, Fernando Abad, Matt Barnes, Koji Uehera and Craig Kimbrel all came on in relief.

Hembree allowed two runs, while Ross (3-2) earned the win.

"It's two good teams," said Tulowitzki, still wearing eye-black in the Blue Jays clubhouse. "They're good over there, we're good. They know that, we know that. It's going to come down to the end and it's going to be exciting."

Starter Aaron Sanchez gave up six runs over 3-2/3 innings of work, striking out two for Toronto (78-64). Brett Cecil, Joe Biagini, Aaron Loup, Bo Schultz, Joaquin Benoit, Danny Barnes, Matt Dermody and Ryan Tepera all combined for 5-1/3 innings, giving up a combined five runs.

Schultz was charged with the loss, his first of the season.

"We're fine. It's the beginning of September. There's a lot of games left," said Sanchez.

THE CANADIAN PRESS

Boston outfielder Brock Holt slides under Josh Donaldson's tag on a third-base steal on Sunday.
BERNARD WEIL/TORSTAR NEWS SERVICE

SUNDAY In Toronto

11	8
RED SOX	BLUE JAYS

MORE BASEBALL

Giants 5, D-Backs 3
Matt Moore struck out 11 in seven innings and Hunter Pence hit a key two-run double, helping San Francisco pull within three games of NL West-leading Los Angeles, which lost 3-0 at Miami.

Royals 2, White Sox 0
Ian Kennedy and three relievers combined on a two-hitter, helping the Royals beat Chris Sale and the White Sox. The Royals are four games out of a wild-card spot.

Mets 10, Braves 3
Yoenis Cespedes hit a grand slam for New York, and Seth Lugo won his fourth straight start.

The Mets have won seven of eight and moved back into position for the second NL wild card, a half-game ahead of the Cardinals.

Nationals 3, Phillies 2
Gio Gonzalez pitched seven sharp innings for NL East-leading Washington, and Anthony Rendon doubled home the tiebreaking run.

THE ASSOCIATED PRESS

IN BRIEF

Canada takes second in women's baseball World Cup
Canada matched its best-ever result in an international tournament with a silver medal at the women's baseball World Cup on Sunday. Ayami Sato pitched a complete game shutout as Japan downed the Canadians 10-0 to earn its fifth straight World Cup title.
THE CANADIAN PRESS

Colombian Quintana victorious in Spain
Movistar rider Nairo Quintana won the Spanish Vuelta on Sunday, adding the title to the 2014 Giro d'Italia on his Grand Tour list of honours.

The Colombian climbing expert cemented his lead over Chris Froome in Saturday's decisive mountain stage.
THE ASSOCIATED PRESS

GOLF

Confident Johnson into FedEx Cup lead

Powerful off the tee and relentless with the putter, Dustin Johnson didn't give anyone much of a chance Sunday by closing with a 5-under 67 to win the BMW Championship by three shots and move to the top of the FedEx Cup.

Johnson won for the third time in his last eight tournaments dating to his first major at the U.S. Open, and this might have been his most complete performance.
THE ASSOCIATED PRESS

Dustin Johnson on Sunday in Carmel, Ind. GETTY IMAGES

U.S. OPEN

Stan 'The Man' at Flushing Meadows

Stan Wawrinka won his third major title on Sunday night topping top-ranked Novak Djokovic 6-7, 6-4, 7-5, 6-3 for the U.S. Open championship.

Djokovic received a medical timeout to get treatment on his feet during the match.

On Saturday, Angelique Kerber won her first U.S. Open title and the second Grand Slam trophy of her breakthrough season, beating Karolina Pliskova 6-3, 4-6, 6-4.
THE ASSOCIATED PRESS

Stan Wawrinka GETTY IMAGES

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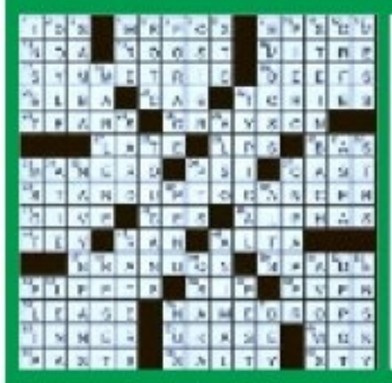

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for more fun and games go to metronews.ca/games

RECIPE Mushroom Pear Melt

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Start the week off with a no-stress dinner of a fancied-up grilled cheese sandwich. The swipe of mustard against the sweetness of the pear makes it irresistible.

Ready in 15 minutes
Prep time: 10 minutes
Cook time: 5 minutes
Serves 1

Ingredients
- butter
- cremini mushrooms, thinly sliced
- pumpernickel bread
- Dijon mustard (optional)
- Fontina cheese, grated
- pears, thinly sliced

Directions

1. In a skillet, melt a pat of butter over medium heat. Toss in sliced mushrooms and push around until they soften. Remove from pan and set aside. Wipe pan.

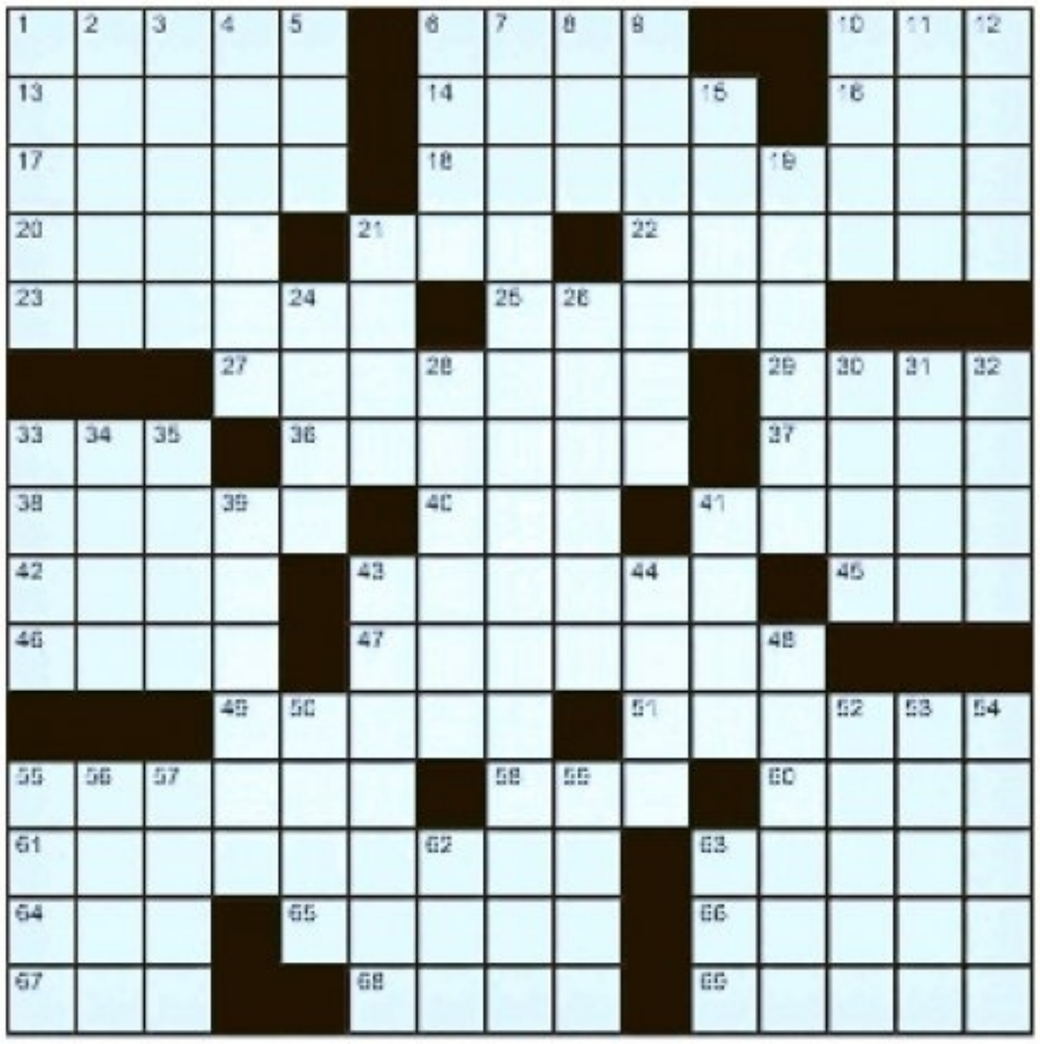
2. Butter bread (and swipe other side with a bit of Dijon for adventurous kids or adults) and place each piece in pan, butter side down. Place a handful of Fontina on each, then press down a couple of slices of pear, followed by a spoonful of mushrooms. Place another piece of pumpernickel on top, butter side out. Let that sizzle away for 2 or 3 minutes, peaking at the underside using a spatula to see that your bread is toasting not burning. Flip it.

3. Allow the sandwich to grill for a couple more minutes then remove from the heat. Cut in half and serve warm.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. To no _ (Waste of time basically)
6. Not _ _ (Not in any way)
10. Frequently, short-style
13. Don't _ words (Tell it like it is)
14. Ms. Blakley of "Nashville" (1975)
16. Giving-driving-directions word
17. Irritate
18. Therapy/care
20. Do part of a cashier's work
21. Lough _ (Lake in Ireland)
22. Unrefined
23. Compound in glass
25. Onward
27. Sweet-talks
29. Hogwash
33. List stopper [abbr.]
36. Promenade proudly
37. Demon
38. Gwen Stefani band, No _
40. Farm animal
41. Questionnaire choice
42. Go _ detail (Elaborate)
43. Bickered
45. 'Bon a _ lecher les doigts' (KFC's 'finger lickin" slogan, in French)
46. "_ Wolf" (1985) starring Michael J. Fox
47. France 1793: Gets Louis XVI's caput
49. Green hue
51. "Anchors Aweigh" military gr.: 2 wds.
55. Capital of Colombia
58. _-en-Provence, France
60. Frozen beverage company
61. Premiering of a product
63. Basketball, for example
64. Electrical resistance unit
65. _ Gwaii (Queen Charlotte Islands, now)
66. Courage
67. Public transit mode
68. Pine for
69. Prefix relating to 'Bones'

DOWN
1. Collect over time
2. Leonardo da _ (b.1452 - d.1519)
3. Year's historic record
4. Like any famous symbol
5. Grazing land
6. Puccini aria: "Vissi d'_"
7. Terrestrial region in the Canadian Shield, Laurentian _ _
8. Dvorak's "Symphony No. 9 _ _ Minor"
9. Earl Grey's decorative warming cover?: 2 wds.
10. Concluded
11. Fish bits
12. "To Kill a Mockingbird" (1962) character, Sheriff Heck _
15. Swanky College Prince William attended
19. Cadaver crawlee
21. Aristocrat of India
24. Fling, as a fisherman
26. "A _ of Their Own" (1992)
28. Nova Scotia's provincial bird
30. Expressions of Eww!-iness
31. Liberate
32. Common household greenery
33. Correct the content
34. Timbre
35. Paul McCartney, The '_' Beatle
39. Candy
41. Un-evens
43. Plains of _ (Historic attraction in Quebec City)
44. Waters: French
48. Wesley of "Passenger 57" (1992)
50. Engrave
52. Put on _ _ (Dress for Winter)
53. Glass, in Gaspe
54. Bryan Adams' "The Best Was _ _ Come"
55. Formless form
56. Honolulu's home
57. Teeth, roots ...whats?
59. Supermarkets, e.g.
62. Ancient Rome's trois
63. TV: Showtime's website, _.com

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
It's Monday, and some people are in a bad mood, especially co-workers and people at work. This means patience is your only recourse to make this day as smooth as possible.

Taurus April 21 - May 21
Parents must be patient with their kids today, because everyone, including children, is argumentative. Try to avoid touchy situations that can trigger conflict.

Gemini May 22 - June 21
Do what you can to keep the peace at home so that you have domestic harmony. Be patient in everything you do, in order to avoid accidents, both verbal and physical.

Cancer June 22 - July 23
This is an accident-prone day, which means you have to pay attention to everything you say and do. Above all, guard against knee-jerk reactions to others. Be cool.

Leo July 24 - Aug. 23
Money squabbles might arise today. This means today is a poor day to discuss something that might trigger these arguments. However, you have the energy to make money.

Virgo Aug. 24 - Sept. 23
Today Mercury is in your sign, at odds with fiery Mars, which can make you touchy and irritable with others. Therefore, practise patience in all your dealings with everyone.

Libra Sept. 24 - Oct. 23
You have lots of intellectual energy today. If you use this mental energy to do research or look for solutions to old problems, you will be pleased with your results.

Scorpio Oct. 24 - Nov. 22
Do not get embroiled in arguments with younger people today or members of groups, because it will be pointless. Choose another day for important discussions..

Sagittarius Nov. 23 - Dec. 21
Your dealings with authority figures — bosses, parents and VIPs — will be challenging today, because people are too quick to disagree and give strong opinions. Keep a low profile if you can. Be smart.

Capricorn Dec. 22 - Jan. 20
Avoid controversial subjects like politics, religion and racial issues today, because many people are just looking for a fight. Focus on preserving your own peace of mind.

Aquarius Jan. 21 - Feb. 19
Disputes about shared property, inheritances and anything that you own jointly with others might arise today. Therefore, postpone these discussions until another day.

Pisces
Feb. 20 - March 20
You might attract someone today who is touchy or defensive. Actually, discussions with friends and partners are equally difficult. This means you have to be tactful.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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